

Newsletter

3rd Quarter * 2021



Restoring hope. Transforming lives.



Message shared by Jackie...

“Alone we can do so little; Together we can do so much.”

-Helen Keller

Facing the Giants

Recent headlines in the **Traverse City Record Eagle** include:

Youth in crisis: Children in need of better mental health treatment options. (8/8/21)

Overdose Deaths on the rise in region mirror statewide, national trend. (8/8/21)

At Issue: Mental Health Services: Time to close the Michigan’s Access gap (6/28/21)

Addiction, Anxiety, Depression, Grief, and Suicide are just a few of the giants impacting our children, families, communities, and nation.

Here at the ranch we are expanding services to meet these needs. Resilience and Leadership for Kids, Parenting Classes, Internships and Trainings for students and professionals.

To increase access to services at Peace Ranch we are partnering with new agencies and have expanded our clinical and equine staff, program support staff and added a new staff member to expand services to support Military and Emergency Workers. How can we face these critical issues? There is only one way- TOGETHER!



Military & Emergency Services

Hello everyone! I am a recently retired Army Veteran who has returned to Northern Michigan. As a new member of the team, I just wanted to take a minute and introduce myself. My name is Chad Brown.

So, the Brown Family includes my wife Stephanie who is an Operating room nurse; Johnathan who is a freshman at Ferris State and also in the Michigan National Guard; Phillip a Senior at Kingsley Area High School; and lastly two dogs Ziva and Abby.

Life is exciting right now as we have recently moved back home to Kingsley, from our last duty station at Fort Polk, Louisiana. Kinda cool, as that is where my wife and I were High school Sweethearts!

I hope to bring to Peace Ranch, my vast experience from being an enlisted, Command Sergeant Major in the Army. Things like Resiliency training, management, leadership and hard work are great skill sets for every job. However, when you combine that with 46 months’ worth of deployments to Iraq as an Infantryman, I believe it gives me personal understanding to communicate and empathize with anyone who has experienced trauma and needs a little rescuing, rehabilitation or restoring. Or in simpler terms just a little Peace...

I’m available for coffee. You can reach me at chadbrown@peaceranchtc.org
-Chad

From the Horse's Mouth

Hi! I'm Gabriel. I was rescued from slaughter in Ohio a couple months ago and brought to Peace Ranch.



I am only 4 years old. People have been unkind to me. So when I got here I was sick and really scared. I have seen the doctor a few times and was even in the hospital for a few days. I'm feeling better every day. People come and spend time with me and that is helping me not to be so scared. I am learning new things and I hope to help others someday too.

When I came to Peace Ranch I was called Zombie and my life had been like the walking dead. Now I called Gabriel, after the archangel Gabriel, who was strong and good. I'm really grateful to my sponsors and all the people who have been helping to transform my life. If you want to help horses like me you can be a sponsor.

For more about Sponsorship, email Jackie at execdir@peaceranchtc.org

Our Mission is to provide Equine Assisted Psychotherapy and Learning to all in need.

Our Vision is to create a PEACE-ful experiential center, a therapeutic community dedicated to cultivate growth and learning to rehabilitate those who are ill or suffering that they may turn or return to productive living.



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Volunteer News

Volunteers are working hard this year helping to keep the grounds beautiful and the animals healthy. Our volunteers have also helped to maintain equipment & buildings and make nesting balls & stuff envelopes.

If you are interested in learning more, fill out the Volunteer Application on our website (below). Let us know if you are interested in helping **one day a week** to:

- Do morning or evening horse chores through the winter.
- Mow, wack weeds, fill holes
- Help get the garden ready for winter



"I think I can. I think I can. I think I can."

-Watty Piper, The Little Engine That Could

And they did! Peace Ranch recently wrapped up Leadership and Resilience, a program made possible by a grant from the Oleson Foundation, for 8–14-year-olds to practice leadership skills in an experiential way. This involved working with a horse, (easily 10 times their weight), and encouraging the horse to trust them and follow their leadership. It was quite amazing!

Here's what parents said: ***"Seeing her so confident and in charge when leading the horses was amazing"***

"They looked forward to every Saturday and they were off their devices."

"She was so calm after every session."

The horses offered many opportunities to practice Resilience, which the kids defined as 'bouncing

- Help maintain buildings (clean inside, stain outside) or equipment
- Be on a call list for office or skilled jobs like electrical, plumbing, mechanical, equipment service, or heavy jobs-like unloading hay.
- Someone skilled in databases and data entry.
- A few folks willing to help with mailings, making nesting balls, and other group projects.

For more information visit our website at <https://www.peaceranchtc.com/get-involved> or email info@peaceranchtc.org.



back from something hard and being calm'. Fortunately for Peace Ranch, one of our amazing volunteers is certified to teach yoga to adults and children and people with trauma. The children learned portable skills (to use anywhere) to help them be calm leaders – self-awareness, breathing, stretching and positive self-talk. The biggest key to being resilient is having safe, reliable support.

This Fall, Peace Ranch will offer workshops to young parents and equine therapy professionals. We look forward to expanding outreach to our community through new partnerships and collaboration. As always, like the Little Engine That Could, Peace Ranch will respond to people in need.

For more information about services email jan@peaceranchtc.org